**PROTEIN, EGGS AND MILK STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_\_\_**

**PROTEINS**

1. Facts About Protein
   1. Primary function is to *\_\_\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_\_* body tissue.
   2. Protein provides *\_\_\_\_\_* calories per gram.
   3. Keep meat and poultry portions *\_\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_*.
   4. Include at least *\_\_\_\_* oz. of cooked *\_\_\_\_\_\_\_\_\_\_\_\_\_* per week.
2. Amino Acids
   1. Amino acids are the \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ of *\_\_\_\_\_\_\_\_\_\_\_*.
   2. There are *\_\_\_\_\_* amino acids.
   3. Of those amino acids, *\_\_\_\_* are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
   4. The body *\_\_\_\_\_\_\_\_\_\_\_* manufacture *\_\_\_\_\_\_\_\_\_\_\_\_*amino acids so they must be obtained from *\_\_\_\_\_\_\_\_\_\_*.
3. Complete Proteins
   1. Contains *\_\_\_\_\_* nine of the *\_\_\_\_\_\_\_\_\_\_\_\_*amino acids.
   2. Come from *\_\_\_\_\_\_\_\_\_\_\_\_* sources
      1. *\_\_\_\_\_\_\_\_\_\_\_\_*, poultry, *\_\_\_\_\_\_\_\_\_\_\_\_\_*, eggs
   3. One exception, *\_\_\_\_\_\_\_\_* (from soybeans) is the only *\_\_\_\_\_\_\_\_\_\_\_\_\_* protein from a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*source.
4. Incomplete Proteins
   1. Contains *\_\_\_\_\_\_\_\_\_\_* of the nine *\_\_\_\_\_\_\_\_\_\_\_* amino acids, \_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_.
   2. Come from *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* sources.
   3. Grains, \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_, nuts and *\_\_\_\_\_\_\_\_\_\_\_\_\_*
5. Complementary Proteins
   1. When *\_\_\_\_\_\_\_\_\_\_* or more *\_\_\_\_\_\_\_\_\_\_\_\_* proteins *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* together provide *\_\_\_\_\_\_* of the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* amino acids.
   2. A *\_\_\_\_\_\_\_\_\_\_\_\_*combined with any nut, *\_\_\_\_\_\_\_\_\_\_\_\_* or legume.
   3. For example:
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* with rice
      2. Peanut butter with whole wheat *\_\_\_\_\_\_\_\_\_\_\_\_\_*

**EGGS**

1. Functions of Eggs
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. Definition: They *\_\_\_\_\_\_\_\_\_\_\_* other *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*and hold them *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      2. Recipe Example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. Definition: Used for *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* foods
      2. Recipe Example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. Definition: *\_\_\_\_\_\_\_\_\_\_\_* one *\_\_\_\_\_\_\_\_\_* to *\_\_\_\_\_\_\_\_\_\_\_\_\_* by being dipped into a beaten *\_\_\_\_\_\_\_\_*and then rolled in crumbs or *\_\_\_\_\_\_\_\_\_\_\_\_*.
      2. Recipe example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. Definition: Give height or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* to many products by being *\_\_\_\_\_\_\_\_\_\_\_\_* between *\_\_\_\_\_\_* to *\_\_\_\_\_* times their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*volume.
      2. Recipe Example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      1. Definition: Keeps other ingredients working well together by not *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*the *\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_*.
      2. Recipe Example: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Cooking Eggs
   1. Eggs are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*by *\_\_\_\_\_\_\_\_\_\_* or by long *\_\_\_\_\_\_\_\_\_\_\_\_\_* to heat.
   2. Methods of Cooking Eggs:
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. Appropriate Storage of Eggs
   1. Store eggs in the *\_\_\_\_\_\_\_\_\_\_\_\_\_*container in the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*
   2. When *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* stored in the refrigerator, eggs may be used for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.

**MILK**

1. Facts about Milk
   1. Recommendations for teens and adults: *\_\_\_\_\_\_\_\_\_\_\_* daily
   2. Eat *\_\_\_\_\_\_\_\_\_\_\_\_* rich foods from the *\_\_\_\_\_\_\_\_\_\_\_\_* Group
   3. Switch to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* or *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* milk
2. Processing of Milk
   1. Pasteurized: Milk has been *\_\_\_\_\_\_\_\_\_\_\_* treated to remove *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*bacteria.
   2. Homogenized: Milk has had the *\_\_\_\_\_\_\_\_* particles *\_\_\_\_\_\_\_\_\_\_* down and evenly *\_\_\_\_\_\_\_\_\_\_\_\_\_* so the fat will not *\_\_\_\_\_\_\_\_\_\_\_\_* from the milk.
   3. Fortified: Vitamins *\_\_\_\_\_* and *\_\_\_\_\_* have been *\_\_\_\_\_\_\_\_\_\_\_\_*to the milk.
3. Raw/Unpasteurized
   1. Most of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of drinking raw milk are available from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ without the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* that comes with drinking raw milk.
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_* made into other products like soft cheese, ice cream and yogurt can still *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
   3. When consuming these products, make sure they are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   4. Raw/unpasteurized milk can *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* such as Salmonella, E-coli, Campylobacter and Listeria.
4. Milk Replacements
   1. Examples
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   2. Comparable with milk in regards to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
   3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for people with special dietary needs.
5. Cooking with Milk
   1. Milk products *\_\_\_\_\_\_\_\_\_\_\_\_\_* easily
   2. Need to be cooked at a *\_\_\_\_\_\_\_*temperature with *\_\_\_\_\_\_\_\_\_\_\_\_* stirring.
   3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* milk in the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* prevents *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
6. Healthier Cooking with Milk
   1. Reduce fat in recipes by using a \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ content milk.
      1. Substitute *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*for mayonnaise or sour cream.
      2. Substitute fat-free (*\_\_\_\_\_\_\_\_*) or low-fat (*\_\_\_\_\_\_*) milk for whole milk.